

May is Mental Health Awareness Month!

2016 SCHEDULE OF FREE PUBLIC EVENTS IN SOUTHWESTERN CT

Calendar coordinated & disseminated by Southwest Regional Mental Health Board, Norwalk, CT • Download at www.HealthyMindsCT.org

Date & Time	EVENT (download at HealthyMindsCT.org)	Location
Fri. Apr. 29 5:30-8:30pm <u>AND</u> Sat. Apr. 30 8:30am-2pm	Youth Mental Health First Aid Training You know CPR/First Aid, but do you know how to help someone in a mental health crisis? Mental Health First Aid is an internationally recognized 8-hour certificate course. Free to Stratford residents; \$35 for others. To register, call 203-385-4095. Sponsored by the Town of Stratford Community Services	468 Birdseye Street Stratford
Sun. May 1 2-4pm	“Healing Voices” film: What are we talking about when we talk about "Mental Illness"? Let's change the conversation. Stamford premiere of the new documentary by PJ Moynihan, followed by a facilitated discussion. Sponsored by Southwest Regional Mental Health Board	Ferguson Library One Public Library Plaza Stamford
May 1-31	Artists’ Workshop on display for the month of May Sponsored by Laurel House	The Inn at Waveny LifeCare 3 Farm Road New Canaan
Mon. May 2 3-5pm	“Healing Voices” film: What are we talking about when we talk about "Mental Illness"? Let's change the conversation. Bridgeport premiere of the new documentary by PJ Moynihan, followed by a facilitated discussion. Sponsored by Southwest Regional Mental Health Board	Bridgeport Public Library- Newfield Branch 1230 Stratford Ave. Bridgeport
First week of May	Mental Health Study Break for A.P. Week High school students studying late at the library will enjoy a fun wellness activity. Sponsored by RYASAP & Southwest Regional Mental Health Board	Trumbull Library 33 Quality Street Trumbull
Tue. May 3 6-6:30pm	Film: Recognizing Your Child’s Mental Health Needs (part of the Caring Network Film Series) A documentary by Southwest Regional Mental Health Board	Public Access Channel 88
Wed. May 4 10am-12pm	Mental Health & Wellness Day Sponsored by Optimus Healthcare	Optimus Healthcare 1351 Washington Blvd 3rd Fl Stamford
Wed. May 4 9:30-11:30am	Annual Talent Show Call 203-551-7507 for more information. Sponsored by Southwest CT Mental Health System	Greater Bridgeport Community Mental Health Center 1635 Central Ave. Bridgeport
Wed. May 4 10am-1pm	“Recovery Rocks” Awareness Art Project People will have the opportunity to make a simple art project, such as rock paper weights that say “recovery” and cool bookmarks. Sponsored by FS Dubois	Government Center 888 Washington Boulevard Stamford
Wed. May 4 6:30-8:30pm	“Healing Voices” film: What are we talking about when we talk about "Mental Illness"? Let's change the conversation. Norwalk premiere of the new documentary by PJ Moynihan, followed by a facilitated discussion. Sponsored by Southwest Regional Mental Health Board	Norwalk Hospital Perkin Auditorium 34 Maple St. Norwalk
Wed. May 4 7-8:30pm	Opiates, Heroin & What’s Available “OTC” and in Your Medicine Cabinet Presentation by Jeremy Barowsky, MD & Rev. Debra Slade as part of the Community Health Myth Busters series Sponsored by Greenwich Community Health Improvement Project (GCHIP)	Greenwich Town Hall Cone Room 101 Field Point Rd. Greenwich
Thu. May 5, 12, 19 & 26 9:30-12:30	Mental Health First Aid Training for municipal employees A 4-week training for Town of Greenwich employees. Sponsored by Town of Greenwich and Southwest Regional Mental Health Board	Greenwich Police Dept. 11 Bruce Place Greenwich
Thu. May 5 11:30–1:30pm	Steel Drum, Keyboard and Vocals Performance Sponsored by Laurel House Resource Center	Laurel House Resource Center 1616 Washington Blvd Stamford
Fri. May 6 <u>AND</u> Fri. May 13 9am-1:30pm	"Primeros Auxilios para la Salud Mental" – un curso para la comunidad hispana Usted sabe cómo proveer primeros auxilios/RCP, pero ¿sabe cómo ayudar en un crisis de salud mental? “Mental Health First Aid” es un curso reconocido a través del mundo. Este programa se ofrece en español por primera vez en Connecticut. Para registrarse: info@swrmhb.org o 203-840-1187. (Sin costo; habrán refrigerios livianos.) Patrocinado por Southwest Regional Mental Health Board y American Foundation for Suicide Prevention	Greater Bridgeport Community Mental Health Center (cafeteria) 1635 Central Ave. Bridgeport

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Fri. May 6 1:30-3:30pm	Movie: Inside Out Sponsored by LifeBridge Community Services	LifeBridge 475 Clinton Avenue Bridgeport
Fri. May 6 2-4pm	Wellness Fair An afternoon of wellness including chair yoga, pet therapy, hand massages, and smoking cessation. Healthy snacks will be offered. Sponsored by Bridge House Inc.	Bridge House Inc. 880 Fairfield Avenue Bridgeport
Fri. May 6 6-11pm	Keystone's Derby Eve Party For more info, visit www.keystonehouse.org Sponsored by Keystone	The Norwalk Inn 99 East Ave Norwalk
Sat. May 7 2-3pm	Art Therapy Crafternoon Sponsored by Silver Hill Hospital	New Canaan Library 151 Main Street New Canaan
Sat. May 7 2-4pm	“Wellness Is Where We’re At” meetup Join us to kick off this new regional meetup group! Bring a Frisbee, a board game, a beach chair, a friend, or just yourself! Sign on to “Wellness Is Where We’re At” on meetup.com and let us know you’re coming, or follow our group and join us next time! Refreshments will be provided. Sponsored by the Catchment Area Councils of Southwest Regional Mental Health Board	Binney Park Wesskum Wood Road (off Sound Beach Avenue) Old Greenwich
Mon. May 9 8:30-10am	Legislative Breakfast Opportunity for members to tell their stories to reinforce the need for state funding for clubhouse programs Sponsored by Bridge House Inc.	Bridge House Inc. 880 Fairfield Avenue Bridgeport
Mon. May 9 3:30-5pm (providers) AND 7-8:30pm (public)	Using Labyrinths as a Spiritual Tool to Complement Mental Health Facilitated by Rev. Debra Slade, Director of Spiritual Care 3:30-5pm for hospital and outside providers; 7-8:30pm open to the general public Sponsored by Southwest Regional Mental Health Board	Norwalk Hospital Nash Auditorium (basement of Community Pavilion) 34 Maple St. Norwalk
Tue. May 10 12-1pm	Talk: “The Family’s Role in Helping the Client” Presented by LifeBridge Community Services	LifeBridge 475 Clinton Avenue Bridgeport
Tue. May 10 6-6:30pm	Film: Young Adults and the College Years (part of the Caring Network Film Series) A documentary by Southwest Regional Mental Health Board	Public Access Channel 88
Wed. May 11 10am-1pm	“Recovery Rocks” Awareness Art Project People will have the opportunity to make a simple art project, such as rock paper weights that say “recovery” and cool bookmarks. Sponsored by FS Dubois	Ferguson Library One Public Library Plaza Stamford
Wed. May 11 11am-1pm	Musical Performance: The Grace Notes Come enjoy the Grace Notes, a singing group from Christ Church Greenwich. Sponsored by Laurel House	Laurel House 1616 Washington Blvd Stamford
Thu. May 12 7:30-9pm	Panel: Work-Based Programs and Community Living Panel discussion on therapeutic work-based residential programs for those living with mental illness. Speakers will include representatives from Spring Lake Farm, Gould Farm, 100 Acre Homestead and more. Sponsored by NAMI Southwest CT	Tully Center Conference Room B 32 Strawberry Hill Court Stamford
Fri. May 13 1-4pm	Hearing Voices: An Experiential Training Interactive simulation allowing participants to experience what it is like to hear voices while engaging in social interactions, a psychiatric interview, cognitive testing, and an activities group. Includes debriefing and discussion. RSVP to britt.bisson@ct.gov Sponsored by The Kennedy Center Inc.	Kennedy Center Inc. 2440 Reservoir Dr. Trumbull
Sat. May 14 8:30am-5:30pm	"Primeros Auxilios para la Salud Mental" – un curso para líderes religiosos en la comunidad hispana Usted sabe cómo proveer primeros auxilios/RCP, pero ¿sabe cómo ayudar en un crisis de salud mental? “Mental Health First Aid” es un curso de 8 horas reconocido a través del mundo. Este programa se ofrece en español por primera vez en Connecticut. Para registrarse: info@swrmhb.org o 203-840-1187. (Sin costo; habrán refrigerios livianos.) Patrocinado por la Southwest Regional Mental Health Board y American Foundation for Suicide Prevention	HSC Community Services 1 Park Street Norwalk

Date & Time	EVENT (download at HealthyMindsCT.org)	Location
Mon. May 16 <u>AND</u> Tue. May 17 8:30am-4:30pm	Free ASIST Suicide Intervention Training ASIST is the world's leading suicide intervention workshop. The 2-day workshop open to all and is particularly recommended for clinicians, clergy, and school personnel. Refreshments will be provided. Sponsored by Southwest Regional Mental Health Board and the American Foundation for Suicide Prevention. Register at info@swrmhb.org or 203-840-1187.	HSC Building 1 Park Street Norwalk
Mon. May 16 3:30-5pm	Laugh for the Health of It! Young adult meetup! Come for a free fun hour of laughter exercise and then connect over snacks with young people from TurningPointCT.org, CCAR, & more. Sponsored by TurningPointCT.org & CCAR Young Adult & Family Project	CCAR Young Adult & Family 853 Fairfield Ave. Bridgeport
Tue. May 17 6-6:30pm	Film: Women in Recovery (Part of the Caring Network Film Series) A documentary by Southwest Regional Mental Health Board	Public Access Channel 88
Wed. May 18 10-11am	Presentation by the National Alliance on Mental Illness Sponsored by Keystone House	Keystone 147 Main Street Norwalk
Wed. May 18 4-7pm	Family & Friends Open House Lynda Cutrell will present the 99 Faces Project, “Portraits without Labels” Sponsored by Bridge House Inc.	Bridge House Inc. 880 Fairfield Avenue Bridgeport
Wed. May 18 7-8pm	Suicide Prevention Event Sponsored by Community Health Center, Inc.	Harry Bennett Branch- Stamford Library 115 Vine Rd Stamford
Wed. May 18	Annual 3 on 3 Basketball Tournament Sponsored by Southwest CT Mental Health System	Short Beach 1 Short Beach Road Stratford
Thu. May 19 7:45-9am	Keystone House Inc. Open House Breakfast before business Sponsored by Keystone House	Keystone 147 Main Street Norwalk
Thu. May 19 8:30am-5pm	Mental Health First Aid Training (adult module) You know CPR/First Aid, but do you know how to help someone in a mental health crisis? Mental Health First Aid is an internationally recognized 8-hour certificate course. Free all-day training. To register, contact carol@ccar.us or 203-870-9132. Space is limited. Sponsored by CCAR Young Adult & Family Project	CCAR Young Adult & Family 853 Fairfield Ave. Bridgeport
Thu. May 19 11am-2pm Rain Date: Thu. May 26	Pathways Field Day Please join us for Pathways 5th Annual Field Day and Barbeque. Events will include horse shoes, badminton, water balloon toss, croquet, ping pong, bocce and so much more! Bring your smiles, enthusiasm and appetite! Please RSVP by May 10 to Ron at (203) 869-0378. Rain date one week later. Sponsored by Pathways, Inc.	509 East Putnam Ave Greenwich
Fri. May 20 1:30-3:30pm	Movie: The Soloist Sponsored By LifeBridge Community Services	LifeBridge 475 Clinton Avenue Bridgeport
Fri. May 20 5:30-8:30pm <u>AND</u> Sat. May 21 8:30am-2pm	Mental Health First Aid Training (adult module) You know CPR/First Aid, but do you know how to help someone in a mental health crisis? Mental Health First Aid is an internationally recognized 8-hour certificate course. Free to Stratford residents; \$35 for others. To register, call 203-385-4095. Sponsored by the Town of Stratford Community Services	468 Birdseye Street Stratford
Sat. May 21 9am check- in 10am start	NAMI Walks The annual walk to raise awareness & funds for mental health. Pathways and other local teams will participate. Register your team or join a team as a walker 800-215-3021 or resources@namict.org walkmanager@namict.org Sponsored by the CT Chapter of the National Alliance on Mental Illness	Bushnell Park (in front of State Capitol) 30 Arbor St Hartford
Tue. May 24 6-6:30pm	Film: Men and Depression (part of the Caring Network Film Series) A documentary by Southwest Regional Mental Health Board	Public Access Channel 88
Tue. May 24 6-7:30pm	Stress: Tools to Keep Calm & Carry On What is stress & how does it affect you? Try out some tools for managing stress & improving wellness. How do you know when it's become too much, and how can you find help? Presented by Southwest Regional Mental Health Board	Bridgeport Public Library – Newfield Branch 1230 Stratford Ave. Bridgeport

Date & Time	EVENT (download at HealthyMindsCT.org)	Location
<p>Thu. May 26 2-5pm</p> <p>Open to providers – CEUs pending</p>	<p>A Nutritional Approach to Mental Illness Georgia Ede M.D., a practicing psychiatrist & nutrition consultant at Smith College who studies, writes and speaks nationally about the connection between nutrition and both mental and physical health, will present a 3-part workshop for providers. (CEUs are pending for social workers.)</p> <ul style="list-style-type: none"> Part 1: Brain Food—How Nutrients Work in the Brain Part 2: Why is Sugar so Bad for the Brain? Part 3: Review of the Research: What We Know About Diet & Mental Health Disorders <p>Please register at info@swrmhb.org or 203-840-1187.</p> <p>Sponsored by Southwest Regional Mental Health Board</p>	<p>Norwalk City Hall Community Room 125 East Ave. Norwalk</p>
<p>Thu. May 26 6:30-8:30pm</p> <p>Open to the general public</p>	<p>Brain Food: How What You Eat Affects Your Mental Health Psychiatrist Georgia Ede M.D. (www.diagnosisdiet.com) provides evidence-based nutrition information and advice you can use to improve your mental and physical health.</p> <ul style="list-style-type: none"> Part 1: What Does Your Brain Want to Eat? Surprising Facts About What a Healthy Diet Actually Is! What the Science Tells Us about Food and Mental Health (& why what you’ve heard is mostly wrong...) Part 2: Eating Healthy on a Tight Budget and a Tight Schedule <p>Sponsored by Southwest Regional Mental Health Board</p>	<p>Norwalk City Hall Community Room 125 East Ave. Norwalk</p>
<p>Fri. May 27 1-4pm</p>	<p>Hearing Voices: An Experiential Training Interactive simulation allowing participants to experience what it is like to hear voices while engaging in social interactions, a psychiatric interview, cognitive testing, and an activities group. Includes debriefing and discussion. RSVP to britt.bisson@ct.gov</p> <p>Sponsored by The Kennedy Center</p>	<p>Kennedy Center Inc. 2440 Reservoir Dr. Trumbull</p>
<p>Tue. May 31 6:30-8pm</p>	<p>"Help Your Child (and You) Conquer Anxiety: Evidence-Based Practices" Chronic stress affects the body as well as the mind: immunity, physical symptoms, frustration, anxiety, mood and self esteem. All ages are affected, children and parents alike. The ability to handle challenges effectively is impaired. Dr. Eckerd, a licensed psychologist, will present easy to use methods scientifically proven to help your child—and you—be more stress resilient and deal with stress.</p> <p>Sponsored by Southwest Regional Mental Health Board</p>	<p>Edith Wheeler Memorial Library 733 Monroe Turnpike Monroe</p>
<p>Thu. June 9 8:30am-12:30pm</p>	<p>St Vincent's Symposium: The Patient Perspective: Understanding the impact of the patient & family experience Speakers include individuals in recovery and family members. This event is free and open to the public. To register call 203-227-8801</p> <p>Sponsored by St. Vincent’s Behavioral Health</p>	<p>St Vincent’s Behavioral Health 47 Long Lots Road Westport</p>
<p>Thu. June 9 7:30-9pm</p>	<p>DBT (Dialectical Behavior Therapy): Mindfulness-based Treatment for Adolescents & their Families. Presented by Alec L. Miller, PsyD and Director of Cognitive and Behavioral Consultants.</p> <p>Sponsored by NAMI Southwest CT</p>	<p>Town Hall in Meeting Room 101 Field Point Road Greenwich</p>